



## Coaching Guide

### Report for: Susan Jeffers

Created for Susan by Change Therapies

This complimentary report, courtesy of Change Therapies will give you an insight into the type of relationship you might expect should you decide to work with us. As the guide is based on your individual responses we can focus on the aspects of our service that will be of more importance to you.

Would Change Therapies be right for you?

If working with a coach who is friendly, trustworthy, objective and relaxed is important to you, then you'll find that we have a lot in common.

Your profile suggests that you are friendly and thoughtful so you should find our personal style helps you to achieve results easily and quickly. If you are comfortable being around others, then there is every reason to believe that you'll find our open approach both rewarding and discreet.

Firstly, we promise you a structured environment which should suit those with a realistic, yet curious approach to life. From your research you probably know the result you want from coaching. You may have an idea of the costs involved and even have a shortlist of possible candidates, being trustworthy and practical, we hope you think Change Therapies would fit your needs.

Susan, your answers suggest that you tend to make decisions in an impartial and objective way and tend not to be overly influenced by 'fancy' claims or promises. When deciding on a suitable coach, price, quality and value for money will be important factors. And we would like to think that Change Therapies can deliver to your exacting requirements.

You'll get the best results from sessions that are flexible and relaxed rather than those that are rigid, planned and overly structured. So, you'll enjoy working with us as we find that to go with the flow often results in a more productive session. With coaching, many clients experience a major breakthrough as the sessions unfold and there is every indication to believe you could well have a similar experience.

Obviously this guide can only give you a flavour of what working with Change Therapies would be like. The next step would be to have an informal chat to discuss your needs in more detail. If you would like to do this please call Jim Millan on 01903 695618. Alternatively you can always contact me via [changetherapies.coaching-success.org](http://changetherapies.coaching-success.org)